

WSSD



**MIDDLE SCHOOL PARENT/STUDENT GUIDE TO
ATHLETICS**

TABLE OF CONTENTS:

Page 3	Contact information, Program information and Program Philosophy
Page 4	Purpose
Page 5	Student Guide
Page 6	Eligibility
Page 7	Communication
Page 8	Age Participation, Game/Practice Schedules, Practice/ Game Cancellations, Attendance, Playing Time, Dedication, Off Season Commitments, Respect
Page 9	Conduct, Behavior, and Disciplinary Structure, Uniform/Equipment, Sport Fees, Transportation to GAMES/Practices
Page 10	Parent Guide
Page 11	Conflict Resolution
Page 12	Coach's Pledge
Page 13	Sports Agreement

Waldorf School of San Diego Middle School Athletics

3547 Altadena Ave San Diego 92105

(main office) 619 280 8016

(fax) 619 280 8071

office@waldorfsandiego.org

www.waldorfsandiego.org

Sports Committee Members: Sara Gomes (chair), Adam Kilcollins, Gayle Ansel and Barbara Degman.

GRADES SCHOOL ATHLETICS PROGRAM

Our grade school sports program includes league play for basketball (boys and girls), volleyball (girls), flag football (boys and girls) and soccer (boys and girls) in grades 6 – 8.

The teams compete in various leagues with teams from both private and public schools.

Currently we offer two sport in 6th grade and three in both 7th and 8th.

Currently all our sports programs are fee based and parents are solely responsible for transporting their children to and from practices and games.

GRADE SCHOOL ATHLETICS - PHILOSOPHY

Through our understanding of child development, we see sixth grade as the appropriate age for children to begin to have the opportunity to learn to work together as teammates, experiencing the joys and disappointments inherent in team sports in a cooperative spirit.

The school provides this sports opportunity with the understanding that everyone involved will strive for an atmosphere of healthy, friendly competition. Team members learn the importance of appropriate behavior and sportsmanship, both at practices and at games.

PURPOSE

WSSD supports the high ideals of a healthy participation in athletic endeavors. Our sports program gives the students the opportunity to participate in team sports, to work together to understand the meaning of teamwork, to learn the importance of discipline, respect and sportsmanship, especially in the face of adversity. It gives the athletes a healthy regimen of physical exercise to balance the challenges of their daily academic work.

Students athletes learn how to balance their academic work with their athletic endeavors. Coaches and teachers work together with students to help them understand the importance of achieving balance and, when possible, to help them learn how to develop skills for keeping their commitments in balance.

Our school places a high priority on good sportsmanship from our athletes, coaches, and parents. All student-athletes are expected to embrace the school's goals of outstanding sportsmanship, citizenship and fair play.

STUDENT GUIDE

Our goal: The student-athlete shall become a more effective citizen

Our Specific Objectives: The student athlete shall learn...

1. **To work with others:** You must learn to develop self-discipline, respect for authority, and the spirit of sacrifice and hard work. The team and its objectives must be placed above personal desires.
2. **To be successful:** You must learn to compete. You do not always win, but succeed when you continually strive to do your best. You learn to accept defeat only by striving to improve your individual and team skills. Develop a desire to be the best you can!
3. **To develop sportsmanship:** To accept any defeat like a true sportsman, knowing you have done your best, you must learn to treat others as you would have them treat you. You need to develop social traits, including emotional control, honesty, cooperation and dependability.
4. **To improve:** Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of commitment and dedication. Always try to better yourself with the skills involved and those characteristics set forth as being desirable.
5. **To enjoy athletics:** Athletes should enjoy participation and acknowledge all of the personal rewards to be derived from athletics, and to preserve and improve the program.
6. **To develop desirable personal health habits:** It is important to obtain a high degree of physical fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.

ELIGIBILITY

The Sport Committee will distribute a roster to all applicable class teachers for academic, social and behavior eligibility. If a class or subject teacher, the Pedagogical Group, Care Group or other mandated committee has a concern about the student's academic, social or behavior a meeting will be set up between the family, the class teacher, applicable coach or coaches and a representative from the Sport Committee to determine the student's eligibility.

In all other cases the steps to participation include:

Step 1 Signup for the team by the deadline.

Step 2 Complete the Athletic Clearance packet that contains the following

(All forms MUST be signed by Student-Athlete and Parent):

- Parent/Student Sports Handbook Agreement
- Uniform Distribution and Return Form (if applicable)

Step 3 Each student will be evaluated by the Sport Committee Chair, as to his/her eligibility for participation.

Step 4 Pay applicable fee.

ACADEMIC ELIGIBILITY

- Eligibility depends on your maintaining good academic standards. A student-athlete is required to take responsibility for his/her own academic well being.
- If during the season of competition, an athlete is deemed academically ineligible by his/her teacher and/or the Sports Committee, then he/she will be placed on probation. The athlete will be allowed to continue participating with the team (after sitting out for one week), provided that the student makes satisfactory progress.
- At the conclusion of each main lesson block, progress reports must be filled out by all teachers of the ineligible student-athlete and turned in to the Sport Committee Chair.

STUDENTS MAY NOT PARTICIPATE ON ANY SCHOOL TEAM UNTIL ALL FORMS ARE COMPLETED AND OR SIGNED AND RETURNED TO THE PERSON RESPONSIBLE AS IDENTIFIED BY THE SPORTS COMMITTEE.

COMMUNICATION

It is our goal to have all pertinent information (schedules, fees, etc) available on the school's web site. In the early days of this program, your first point of contact for any question will be the coach of the particular sport your question is about. For program specific questions you should contact the Chair (Sara Gomes). In all sports, the practice and game schedules are given by coaches directly to parents as soon as they are released.

Email Distribution Lists: (coaches directed) Coaches may set up an email and or phone tree to pass on information to parents. Please see the coach for your child's sport for further details.

Athletic Newsletter: Please check This Week In Waldorf available in your email inbox for news and events related to our sports program.

AGE PARTICIPATION

We provide a middle school sports program for students in 6th, 7th and 8th grades.

GAME/PRACTICE SCHEDULES

Schedules are available on the school website (waldorfschoolofsandiego.org). Game schedules will be distributed once they are received.

PRACTICE/ GAME CANCELLATIONS

Coaches will communicate any practice and or game cancellations directly with parents and the Chair of the Sports Committee.

ATTENDANCE

Students, including those on injury recuperation, are required to attend all practices, team meetings and contests. This represents an essential part of their dedication and commitment to participate in their sport. No distinction will be made between an excused and an unexcused absence. Beginning with the fourth absence, continued participation will be evaluated on a case by case basis determined by the Head Coach and faculty member(s) designated by the Sports Committee.

PLAYING TIME

We strive for every student to have as much playing time as possible.

DEDICATION

The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attend all practices, contests, and team meetings. No one will be excused from a practice, game, or team meeting without consultation with the coach. If an emergency or illness prohibits you from attending, you are required to notify the coach immediately.

OFF SEASON COMMITMENTS

The Sport Committee encourages its athletes to attend Summer Camps and off-season conditioning practices/open gyms to develop their skills. Camp information will be made available in late spring.

RESPECT

Anyone associated with athletics shall use language that is socially acceptable. Profanity, vulgar talk, ethnic or religious slurs or jokes will not be tolerated on or off the playing field at any time.

CONDUCT, BEHAVIOR, AND DISCIPLINARY STRUCTURE

Student-athletes must remain “a student in good standing” with the grade school and display good sportsmanship at all times. If a student-athlete is having difficulty with his/her behavior, the student-athlete will be placed on disciplinary probation. The student-athlete may become ineligible to continue in his/her sport.

UNIFORM/EQUIPMENT

Student/athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The athlete will be expected to pay for any lost, stolen, or damaged items. Uniforms/equipment must be returned to the coach within ten days of the completion of the team’s season. The families of students who do not meet this requirement will be billed by the school for the cost of the uniform/equipment.

SPORTS FEES

Each sport has an associated fee to cover equipment, facility rental, and other costs. Fees must be paid in a timely manner and any outstanding fees will prevent a student from participating in practices and games.

TRANSPORTATION (GAMES/PRACTICES)

Parents are required to transport their child to and from games and practices. Parents are encouraged to make sure that their child arrives at the game/practice site approximately 15-20 minutes before the scheduled game time. Parents are expected to be on-time when picking up their children.

PARENT GUIDE

You can play an essential role in helping your student learn the values of winning and losing. Below are some suggested topics you can discuss with your student in these situations.

VALUE OF WINNING: Help your student learn the value of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team.
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing sportsmanship and doing one's best.

VALUE OF LOSING: Help your student learn the value of losing by:

- Crediting the play of his/her opponent or team.
- Focusing on improvement by individuals and team.
- Discussing what it means to be successful.
- Accepting the loss as something to grow by, setting individual goals and moving forward.

PARENT ARE ENCOURAGED TO DISCUSS:

- Ways to help your student improve.
- Coaches' philosophy
- Coaches' expectations of your student
- Team rules and regulations
- Schedules (Games/Practices)

PARENTS ARE ENCOURAGED NOT TO DISCUSS:

- Amount of Playing time
- Strategies used by the coach during games/practices
- Other members of the team

STEPS FOR CONFLICT RESOLUTION

If a parent has a particular concern regarding sport we ask that parents:

- 1. First contact the Coach**
- 2. Contact the Chair of the Sport Committee**

CONDUCT: The importance of parents behaving as model spectators cannot be overstated. Parents who support the rule of conduct as defined in this handbook provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgement decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

THE COACH'S PLEDGE

The Coaches Pledge extends beyond a knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities in the school and involves at least the same level of commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of player and coach, and for the coach, involve the following promises:

As a coach at the Waldorf School of San Diego I promise...

- To be a model of appropriate language and behavior.
- To respect and dignify each of my athletes as an individual.
- To promote the safety of each athlete and to ask no more in practice or competition than each is capable of delivering.
- To promote the conditions and circumstances that encourage each athlete to realize his or her full potential.
- To impose time demands that acknowledge the primary importance of each athlete's academic and family responsibilities.
- To promote among all athletes and coaches a solid sense of team membership.
- To reflect in my coaching the best and most recent thinking/strategy in my sport.
- To work, whenever appropriate, with other school personnel to guarantee the best interests of each of my student-athletes.

Waldorf School of San Diego

Sports Agreement

2011-2012

This agreement is to be signed and dated by student-athletes and their parents, and returned to the Sports Committee Chair. ***Athletes will not be permitted to join practices or participate in games until this completed form is on file.***

We expect that all student-athletes and parents will read and adopt the rules and standards set forth in this handbook. The Sport Committee, coaches, and faculty reserve the right to interpret this handbook and to make revision when necessary. Observance of any change is expected of all athletes once the change has been communicated to participants in the sports program.

Assumption of Risk & Consent to Participate

I am aware that while my son/daughter participates in the WSSD Sports Program, certain risks and dangers may occur. These may include but are not limited to the hazards of athletic play and access to and from the school grounds. I also understand that serious injuries or even death may occur. WSSD makes every effort to provide a safe environment for your child. In consideration of the right to participate in the WSSD Sports Program, I hereby assume all the above mentioned risks and consent to my child's participation in the WSSD Sports Program.

Please sign and return this copy to the main office

**We, the undersigned have read and do understand
the Sports Handbook and agree to abide
by all the rules and standards set forth therein.**

_____ X _____		
Student Name (Print)	Student Signature	Date
X _____		_____
Parent Signature		Date
X _____		_____
Parent Signature		Date